



## ALASKA DOC EMPLOYEE SELF-SCREEN FOR COVID-19

EFFECTIVE 4/11/2020

Your health and well-being are of the upmost importance and we are taking measures to keep the office a safe environment for employees, individuals under our charge, and the public. Therefore, anyone coming into a Department of Corrections office must affirm the following:

1. I do not have symptoms of respiratory infection (fever, persistent cough or shortness of breath).
2. I do not have *two or more* of the following: chills, diminished sense of taste or smell, diarrhea, fatigue, headache, muscle/joint aches, nausea/vomiting, runny nose, sore throat, or sputum (mucus) production?
3. In the past 14 days I have not cared for or been in close contact with someone with suspected or confirmed COVID-19. *(Note: Close contact is defined as within 6 feet for more than 10 minutes without wearing personal protective equipment)*
4. My temperature is at or below 100.4° F. *(I understand that until further notice I must take my temperature daily before reporting to the office).*
5. I understand that if I have been tested for COVID-19, I must have received negative results prior to returning to work, and the following three criteria have been met:
  - 1) three days (72 hours) have passed since resolution of fever without the use of fever-reducing medication; AND
  - 2) other symptoms have improved including cough, and/or shortness of breath; AND
  - 3) at least 7 days have passed since symptoms first appeared.

If these criteria are met, the employee does not need a doctor's note.

*NOTE: If you receive test results that are positive for COVID-19, you will be allowed to return to work in accordance with guidance provided by public health staff.*

Employee Name

Signature

Date